

# SWIM-BIKE-RUN-BINGO!!!

Wildflower Weekend

Use swim paddles for part of your workout	Read a Tri training article (share too if you're into that)	Submit your 2019 race plan or ideas	Ride a total 100 miles	Stretch after a long workout
Complete a swim workout	Complete an interval workout	Run a total of 15 miles	Complete a run workout	Clean and lube your bike
Tell your biggest supporter THANK YOU!	Get at least 7 hours of sleep, 3 days in a row	<b>FREE SPACE</b>	Skip a planned workout to spend time with your family or friends	Visit a sponsor and use your club discount
Renew your 2019 membership	Volunteer at a local event	Participate in a club workout	Complete a brick workout (any 2 workouts back to back)	Register for a 2019 race
Take a REST day	Take a picture (and post) working out with a fellow Trispoke!	Complete a bike workout	Attend a club general meeting	Swim 5,000 yards

[myfreebingocards.com](http://myfreebingocards.com)